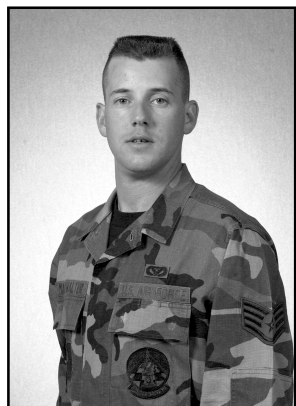


RED HORSE airman named tops in reserve command

Airman 1st Class Russell Crowe

325th Fighter Wing
public affairs



Staff Sgt. Paul Markwalter

man of the Year. Sergeant Markwalter garnered the award through numerous personal and pro-

Staff Sgt. Paul Markwalter, a power production contingency training instructor with Detachment 1, 823rd RED HORSE squadron here, was recently selected as the Air Force Reserve Command Outstanding Air-

fessional accomplishments that prove he is one of the top blue-suiters in the Air Force.

"Sergeant Markwalter's character qualities of initiative, creativity, determination, enthusiasm and diligence are what make him the outstanding airman that he is. He has contributed greatly to successfully training combat engineers to meet their expeditionary combat support responsibilities anytime... anywhere," said Lt. Col. Nathan Macias, Det. 1 823rd RHS commander.

While giving countless hours at numerous on and off-base events, Sergeant Markwalter managed to not just better his squadron, but better himself.

He was a key judge in the Fog of War event for Readiness Challenge VII, the Civil Engineer and Services' premier, international contingency skills competition; he found and repaired faulty electrical circuits on a Reserve Osmosis Water Purification

Unit and Mission Essential Power generators; he created the first-ever Mobile Aircraft Arresting System Light Weight Fairlead Beam teaching plan and slide show for step-by-step installation of this critical flight safety equipment; and following a tremendous lightning strike he discovered a problem and led repair efforts on a \$33,000, 1-megawatt load bank.

Sergeant Markwalter also lent helping hands to outside organizations when needed, delivering briefings to visiting Israeli Air Force teams as part of a military to military exchange program.

Also a big supporter of community commitment, he participates in several events to benefit the community around him.

Sergeant Markwalter led a fan drive for Bay County's disabled veterans and immobilized senior citizens; set up shelters and air conditioning for the base chapel's annual vacation Bible school; assisted in the

Idaho Tri-State Hospital Golf Tournament, which raises money for local hospitals' outpatient programs and built homes for less fortunate families as a Habitat for Humanity volunteer.

Sergeant Markwalter goes above and beyond, as is evidenced by this award.

"Sergeant Markwalter is an outstanding instructor and invaluable to this flight. He has worked hard both on and off duty in order to earn this prestigious award," said Senior Master Sgt. Stephen Rudat, 823rd RHS operations flight chief.

"I'm in awe," Sergeant Markwalter said. "I can't believe the amount of recognition I have received over the last two years for just doing my job. I can honestly say this; I couldn't have done it, without the tremendous support from the men and women of the Det 1, 823rd RHS, thank you—to the HORSE!"

Roche nominated Secretary of Air Force

WASHINGTON (AFPN)—President Bush nominated a Northrop Grumman executive to be the next Air Force secretary.

Dr. James G. Roche is currently a corporate vice president and president of Northrop Grumman's Electronic Sensors and Systems Sector. The corporation designs, develops and manufactures defense electronics and systems, precision weapons, airspace management systems, space systems, marine systems and automation and information systems.

A 23-year veteran of the U.S. Navy, Dr. Roche retired with the rank of captain in 1983. From 1975-79 he served in the Office of the Secretary of Defense. He was a senior professional staff member on the Senate Select Committee on Intelligence (1979-1981) as well as the principal deputy director of the policy planning staff in the U.S. Department of State from 1981-83.

Before joining Northrop Grumman

in 1984, he was the Democratic staff director of the U.S. Senate Committee on Armed Services.

Dr. Roche joined Northrop Grumman as vice president and director of the company's analysis center. From 1989-91, he was vice president and special assistant to the chairman, president and chief executive officer.

He was appointed vice president of Advanced Development and Planning in 1991 and elected an officer of the company in May 1992. In December 1992, he was named chief advanced development and planning officer, and in 1993 was given additional responsibilities as chief public affairs officer. In March 1996, he was named general manager of the former Westinghouse Electric Corporation's defense electronics and systems business when it was acquired by Northrop Grumman.

He assumed his present position in 1998.



Russ Casey

Hold it right there

Angelica Delgado, chief of photography for the Air Force Recruiting Service, shoots Airman 1st Class Melole Alston, an F-15 engine apprentice and Staff Sgt. William Bauer, an F-15 engine craftsman, both with the 1st Fighter Squadron. Ms. Delgado is at Tyndall taking photos for an upcoming Air Force brochure.

Freedom: Is it your right?

Col. Charles K. Shugg
325th Operations Group commander

American society has many guidelines called “rights.” We have the “Bill of Rights” which describes 10 inalienable rights, such as freedom of speech and religion. Our justice system uses the “Miranda” rights to ensure those suspected of crimes are treated fairly and justly until proven guilty. Unfortunately many Americans believe our “rights” are a fact of life. Most Americans have always lived in freedom and therefore take it for granted. Should Americans assume that their freedom is a “right” or is it more accurate to describe our freedom as a “privilege?”

A few years ago, I had an uplifting talk with a squadron spouse who was a naturalized U.S. citizen. She could not help telling me how proud she was of her military spouse. The fact that he dedicated his life for the freedom of others was one of the highest callings she could imagine. This spouse spoke with first-hand knowledge, for she had grown up under various forms of governments including a military dictatorship. Her enthusiasm for America and what it stood for was contagious. Her joy in describing what it meant to be an American reminded me of other people I have met in my life to whom freedom was not described as a “right” but a true “blessing” or “privilege.”

Early in my career I was a forward air controller attached to the U.S.

Army near the former East German border. During the early 1980s, it was not uncommon for elderly German couples to approach American service personnel, offer them food and drink and then thank them for the freedom they had enjoyed since the end of World War II. Many friends have told me of similar experiences when they visited Normandy, France. Whenever the elderly townspeople found out they were Americans (and service personnel as well) they could not stop talking about how thankful they were for the Americans. They remembered the Allied forces’ sacrifice. There was no doubt in their minds that America was largely responsible for their precious freedom. There is no doubt in my mind that these people understood the true meaning of freedom.

To those who have lived under tyranny, freedom is a sacred privilege. They had lived without it and fully understand the cost involved to obtain it. I find that same respect for freedom in elderly Americans. Most have the unique personal experience of living through a period in which our freedom and lifestyle were in jeopardy. The idea of an entire nation mobilizing to fight for their own freedom, and that of other nations, is an experience most of us have never felt.

Our world order has dramatically changed in the last decade. The forces of freedom have won the “Cold War.” Although oppression still exists in many parts of the world, the decreasing trend is

encouraging. As we continue to experience our longest stretch of world peace, we must be diligent to ensure that the cost of our freedom never be forgotten. The American generation that experienced World War II is rapidly dwindling. Their direct influence on future generations will soon come to an end. Granted, there still are some young and middle-aged Americans who have fought for freedom on the battlefields of Korea, Vietnam, Panama and Kuwait, but their numbers are small in comparison to the general U.S. population. This means that those who know the cost of freedom, either by personal experience or through knowledge of military history, must be prepared to carry the torch left behind by previous generations.

Is the freedom we enjoy today a “right?” No. It is a “privilege” bestowed on us by the brave men and women who were willing to bear arms or support those who did. Many gave their lives so that future generations could enjoy the benefits of freedom. Please keep the memory of those who have gone before fresh in our public’s mind. Participate in our nation’s holidays (Memorial Day, Armed Forces Day, Fourth of July, Flag Day, etc.) and special events (POW/MIA day) that recognize the many sacrifices of our “protectors of freedom.” Remind others, who may not have an adequate knowledge of our heritage, that freedom is never free. If someone wants to know the cost ... please direct them to the nearest national cemetery.

Tyndall’s 90’s Club			
Test Date: January 2001			
Name	Squadron	CDC	Score
Airman Mandy F. Reynolds	325 MDG	4AO51A	96
Staff Sgt. Earl S. Lancaster	2 FS	2W171	94
Staff Sgt. Timothy S. Danforth	2 FS	2AX7X	93
Staff Sgt. Matthew C. Hurlless	325 MDG	4TO51A	90
Staff Sgt. Alessandro Rodriguez	325 MXS	2AX7X	92
Test Date: February 2001			
Airman 1st Class Brianne M. Brown	325 CS	3CO51A	90
Airman 1st Class Karl J. Willis	81 TSS	3CO51B	90
Master Sgt. George E. Enslow	1 AF	3CO51A	90
Master Sgt. Rigoberto Luna	325 MSS	2GO71	96
Staff Sgt. Christopher J. Lakkala	325 MXS	2WO71	98
Staff Sgt. Dorian J. Mastros	85 TSS	3AO71	90
Test Date: March 2001			
Staff Sgt. Thomas E. Larson	95 FS	2A351B	90
Senior Airman Johnny Rudolph Jr.	325 SVS	3MO51B	95
Airman 1st Class Kelsi L. Basom	325 MDG	4NO51B	97
Airman 1st Class Paulo J. Hong	325 SVS	3MO51B	90
Airman Lila M. Manrquez	325 SVS	3MO51B	90
Staff Sgt. James L. Hunt	325 CS	3CO51A	94
Staff Sgt. Sheryl L. Rudzewicz	325 SVS	3MO71E	95
Staff Sgt. Norwood J. Thomas	325 SVS	3MO71C	94
Tech. Sgt. Rory J. Darby	325 MDG	4AO51B	91



*Take time
with your kids*

*A wealth of knowledge
can be found inside the
cover of a book. Take
time to read, listen and
learn with your children
now — they’ll thank you
for it in the future.*

Department of Defense working on retention challenges

Jim Garamone
American Forces Press Service

WASHINGTON (AFPS)— The military retention picture in the Department of Defense is good, but the services must make efforts to ensure personnel with the right mix of skills stay in uniform.

“There will always be a focus on retention, because the volunteer force of the kind we have relies very heavily on experienced personnel to serve as leaders and trainers and mentors,”

said Vice Adm. Patricia Tracey, deputy assistant secretary of defense for military personnel policy.

Right now, getting the correct mix is particularly challenging because the military is coming out of a downsizing period. “There were several years when we didn’t bring in as many people as we needed to man the force in the normal course of events,” she said. People in these year groups are meeting their minimum service requirement windows or the end of their reenlistments, she noted.

“They are coming to a decision point between now and the next five years, and we will need a higher-than-normal retention rate out of those cohorts. It’ll take a lot of extra effort to make that happen,” she said. The services will need “virtually a 100 percent continuation rate” to sustain normal manning in some small, specialized skill areas, she noted.

Further complicating the retention situation are some changes in behavior over and above the effects of downsizing. “Some groups of people

are leaving at a higher rate at the decision points than they have in the past,” Admiral Tracey said. “Some people are leaving at points in their careers that we’ve not seen before.”

For example, she said, officers and enlisted personnel who have 15 to 20 years of service are forgoing retirement and leaving the Air Force at a higher rate than in the past. Admiral Tracey said this is a particular concern with pilots.

The slowdown in the economy will help retain some people. They’re a bit less confident that they can walk out and have a job drop in their laps, she said. “Nevertheless, we need to pay attention, because these loss rates point to a change in the behavior of the force.”

The DOD must examine incentives and other tools to retain people. Congress has done a fair amount of legislative work, she said, and DOD has done policy work to help the services retain the people they need. “It’s been helpful in some cases and not as effective as we would wish in others,” Admiral Tracey said.

The DOD already offers pilots a large incentive bonus. She said this is having some effect, but not as much

as the DOD would like.

“We need to be a lot more creative about how to solve this problem,” Admiral Tracey said. “We need an approach that probably involves more than the department in trying to address a nationwide shortage of pilots over the next 10 years. The solutions will be harder to orchestrate and more difficult to work.”

Bonus authorities are the best tools. They can be precisely targeted and have a great track record, the admiral said. Legislation has raised the amount that can be paid to enlisted personnel and the services have more flexibility in applying the bonuses. Also, the DOD can now pay bonuses at points in careers it has never offered them before.

Other personnel management processes must be changed to meet the challenges posed by the small year groups. “You have to be able to tailor force-management policies to those year groups and account for the fact that they will have very different experiences than year groups that are large enough to accommodate a traditional career path,” Admiral Tracey said.

●Turn to DOD Page 6

Help coming to fill pantries for some junior-enlisted families

Sgt. 1st Class Kathleen T. Rhem
American Forces Press Service

WASHINGTON (AFPN)— Help is on the way for some junior-enlisted families struggling to keep food on the table but too proud to accept food stamps.

Troops who would otherwise qualify for food stamps — and some who wouldn’t — can apply for the armed forces’ new Family Subsistence Supplemental Allowance as of May 1. Those who apply in time could receive their first non-taxable payment of up to \$500 June 1.

Congress provided for the allowance in the Fiscal 2001 National Defense Authorization Act to reduce the number of servicemembers receiving U.S. Department of Agriculture food stamps, Department of Defense officials said.

“It is intended to remove a household’s eligibility from the food stamp program,” said Coast Guard Cmdr. Kevin Harkins, a DOD assistant director of compensation in the Pentagon.

DOD officials estimate roughly 5,000 servicemembers receive food stamps. Officials think perhaps 1,000 more people will be eligible for FSSA than currently use food stamps because the DOD program is available to military members serving overseas, while food stamps are not.

The two criteria used to establish FSSA eligibility are household size and total household income. The

Agriculture Department publishes eligibility guidelines that equal 130 percent of the federal poverty level.

There are circumstances in which a servicemember could qualify for both the new allowance and food stamps. FSSA is limited to \$500 per month.

“If their food stamp benefit were greater than that, they could still receive the difference in food stamps,” Commander Harkins said.

However, individuals receiving FSSA are required to list the payment amount as income when subsequently applying for food stamps, Commander Harkins said.

The new program uses the USDA’s gross income limit to determine eligibility, with one major difference. Both housing allowances and the estimated value of on-base housing count as income for the FSSA; only housing allowances are considered for food stamps, Commander Harkins said.

“Someone living on base may be denied FSSA, but still qualify for the USDA food stamp program,” Commander Harkins said.

Each service will establish certification points on installations.

Personnel service centers and family service centers will be the primary pre-screening locations, he said.

People interested in the program can check with their chains of command to determine how and where to apply on their home installations.

Military votes important to elections

Tech. Sgt. Roger Drinnon
81st Training Wing
public affairs

KEESLER AIR FORCE BASE, Miss. (AFPN)— The 2000 presidential election, and the tumultuous weeks that followed, clearly showed how our votes mean more now than ever.

I'm astounded, however, that in a time when politics so strongly impact the military, many military people don't vote. Worse, many don't educate themselves on our political processes or on the major issues affecting our nation.

Of course, in performing our duties we are politically neutral. We are all obligated to serve whomever our society as a whole deems fit. But military people, above all, defend and cherish our freedoms and deserve to have their voices heard.

Throughout the election, the number of people I encountered who didn't understand the Electoral College astounded me. Those who relied on television media as their sole source for making their political decisions also disturbed me. It's not only our responsibility to vote but also to make an educated vote. Learn as much as you can about candidates and key issues from as many sources as possible — especially print media.

Media bias, however, can affect how candidates are portrayed and how issues are prioritized.

Several years ago I took a college course on American government, and, since then, I've continued to learn as much as possible about our nation's issues and how politics affect the military. I voted in both presidential and mid-term elections, and I never take the privilege for granted. I encourage everyone to do

the same. I've spoken to many military people who have a grim view of politics, and that leaves them discouraged about voting at all. When we don't vote, we submit to whatever special interest groups and other active voters decide.

Other people vote in presidential elections but not in the mid-term elections where other congressional seats are up for grabs. Our senators and representatives have considerable power as part of our "checks and balances" system. As the 2002 mid-term elections approach, military voters should have their voices heard there as well.

I ask all military people to know the issues and actively take part in our nation's political processes. Our votes count, and they directly affect the future of our nation and its military.

July 1 pay raise targets mid-level NCOs

Staff Sgt. Amy Parr
Air Force Print News

WASHINGTON— Some mid-level noncommissioned officers will see an increase in their pay July 1 thanks to the Fiscal 2001 National Defense Authorization Act.

Unlike last year's July 1 pay table reform where 75 percent of military members saw a raise, this year's reform targets E-5s to E-7s with six to 26 years of service.

The raise rewards promotion over longevity and ad-

resses some of the concerns expressed by Department of Defense and congressional leaders about retention trends, said Maj. Shannon Averill, Air Force pay and allowances chief.

"This is the initial step to fixing the problem," she said. "It's also a step toward closing the gap between private-sector civilian wages and military wages."

The Jan. 1 pay raise for 2002, in keeping with the economic consumer index, will be a minimum of 4.6 percent.

Significant enhancements to the TRICARE program

Courtesy of the 325th Aeromedical-dental Squadron

The TRICARE program keeps getting better. The National Defense Authorization Act, which was signed into law in October 2000, authorizes many new TRICARE benefits that will be phased in gradually over the coming months. Enhancements that took effect on April 1 include the senior pharmacy program, the co-payment waiver for active-duty and Medal of Honor recipient benefits.

Medicare-eligible uniformed services retirees now have a pharmacy benefit with access to the military treatment facility pharmacies, the National Mail Order Pharmacy program, and network and non-network pharmacies. This new program for military retirees over age 65, which is the same pharmacy benefit as that received by military retirees under the age of 65, limits out-of-pocket prescription expenses

while it increases access to a wide range of pharmacy options.

- All beneficiaries who turned 65 prior to April 1 automatically qualify for the benefit whether they have purchased Medicare Part B or not.

- All beneficiaries who turn 65 on or after April 1 must be enrolled in Medicare Part B to receive this benefit.

- All beneficiaries must have up-to-date information in the Defense Enrollment Eligibility System in order to receive this new entitlement.

For more information about the TRICARE Senior Pharmacy program, call the TRICARE Senior Help Line, (866) 700-6193 or the Department of Defense Pharmacy Information Center at (877) 363-6337, or visit the TRICARE web site at www.tricare.osd.mil.

Active-duty family members enrolled in TRICARE Prime no longer have to make co-payments for the care they receive from their civilian provid-

ers. Previously, family members of active-duty members in pay grades E-1 to E-4 paid \$6, while pay grades E-5 and above paid \$12 for such visits. In addition, family members' \$11 per day civilian inpatient charge has been eliminated, as has the \$11.45 per day family member rate for enrollees admitted to a military treatment facility. Please note that the co-payment requirement remains in effect for prescription drugs.

For more information about the co-payment waiver, call the Beneficiary Services Line, (800) 444-5445, or visit the TRICARE Web site.

Former members of the armed forces who are Medal of Honor recipients and who are not otherwise entitled to receive TRICARE medical benefits, may now, upon request, be eligible to receive those benefits. This benefit also applies to immediate family members of Medal of Honor recipients.



Viewpoint

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The deadline for article submissions to the *Gulf Defender* is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129, or mailed to: 325 FW/PAI, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425. Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the *Gulf Defender* to Tyndall base housing sections is provided by the *Panama City News Herald*.

For more information, or to advertise in the newspaper, call (850) 747-5000.

Safety stats

Category	'00	'01	Trend
On duty	1	0	-1
Off duty	10	4	-6
Traffic	5	2	-3
Sports	4	1	-3
Fatalities	1	0	-1
DUIs	14	9	-5

Commander's Corner



Brig. Gen. William F. Hodgkins
325th Fighter Wing
commander

Three important groups graduated this week at Tyndall. On Tuesday, the Community College of the Air Force had a graduation ceremony at the enlisted club while Air Battle Management students had their ceremony at the officers club. Thursday, non-commissioned officers graduated from the NCO enhancement course at Building 842. I want to commend and congratulate all of you for making it through your intense training and academics. You all have the knowledge and skills to be great leaders in the Air Force. Don't ever stop improving your skills and education; it's never too late to learn something new.

For those of you who are pursuing higher education goals, the Air Force has some great deals for you. The Montgomery G. I. Bill program provides up to 36 months of education benefits. This benefit may be used for degree and certificate programs, flight training, apprenticeship/on-the-job training and correspondence courses. Generally, benefits under the Montgomery G.I. Bill (active-duty) program amount to \$528 a month for 36 months of full-time training.



Remedial, deficiency and refresher courses may be approved under certain circumstances. Generally, benefits are payable for 10 years following your release from active-duty. In addition, there are tuition reimbursement programs available as well. Don't let those benefits go to waste, take advantage of them.

Finally, I want to remind everyone that Mother's Day is this Sunday. I hope all of you will show extra appreciation to your mothers on their special day. They have brought us into this world, raised us with love, fed and clothed us and taught us right from wrong. It takes very special and strong women to be good mothers. Buy a nice gift for your dear mom, call her or take her out to dinner. Whatever you do, just make sure you show how much you appreciate her. Have a great Air Force week!

Commentary: Convicted airman speaks from experience

Airman Jeffery T. Skinner
*Naval Consolidated Brig
inmate*

I was an airman first class assigned to the 325th Training Squadron at Tyndall Air Force Base. I am currently incarcerated in the Naval Consolidated Brig at Charleston, S.C., after being convicted of use, possession and distribution of controlled substances. I firmly believe that today, the military faces an epidemic of drug

abuse by its young members, especially the very popular drug ecstasy. I hope that in sharing my story, though not unique, some of these people will understand the severity of the consequences of illegal drug use before they get involved. If I can help just one person, then I know that I have given something back to the Air Force, which has given me so much. As a child, I was very happy. I always did well in school and participated in after-school

Action Line



2nd Lt. Jon Cartwright

Tech. Sgt. Susie Arce, 325th Fighter Wing NCOIC chaplain support element, sets up for mass while Lt. Col. Daniel H. Nigolian, base chaplain, looks on.

The Action Line is your direct line to me. It is one way to make Tyndall a better place to work and live.

Action Line calls are recorded and staffed through the proper agency. The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a response.

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors, commanders, first sergeants or facility managers. If you're not satisfied

with the response or you are unable to resolve the problem, call me at 283-2255.

For **fraud, waste and abuse** calls, you should talk to the office of inspections, 283-4646. Calls concerning **energy abuse** should be referred to the energy hot line, 283-3995.

Brig. Gen. William F. Hodgkins
325th Fighter Wing
commander

Tyndall's chapel schedule

Protestant

Communion Service: 9:30 a.m.
Chapel 1
General Protestant Service:
11 a.m. Chapel 2
Sunday school: 9:30 a.m.
Kids' Club: 2:45-5:45 p.m.
Wednesday
Chapel 1: 283-2691
Chapel 2: 283-2925

Catholic

Daily Mass: noon Monday through Friday, Chapel 2
Reconciliation: 4 p.m. Saturday
Mass: 5 p.m. Saturday, Chapel 2
Mass: 9:30 a.m. Sunday, Chapel 2
Religious education: 10:50 a.m. Sunday
Other faith groups: Call 283-2925

activities and high school athletics. As with most teen-agers, my first experience with drugs and alcohol came in high school. I liked hanging out with the crowd; I just didn't enjoy being drunk or high as much as they did. In 1997, I graduated high school, married my high school sweetheart and joined the Air Force. I soon realized that it's easy to fall in love when you're young and my marriage ended. That is when my life began to spiral out of control. After my divorce, I wanted to try

something new. I made a few new friends and began to live the fast-paced lifestyle of a single man. In January 2000, I tried the drug ecstasy. I forgot all about my troubles and burdens. It seemed that I had an unlimited supply of energy as long as I was using it. I began to use regularly, and soon was "rolling" every weekend, using drugs that often became very expensive. I started to see the business side of things. I went

●Turn to SPEAKS Page 7

View from the top: Thank you military spouses

Gen. Hal Hornburg
AETC Commander

RANDOLPHAIR FORCE BASE, Texas (AETCNS) – This year, Air Education Training Command will honor our military spouses at special events around the command beginning May 11, the official Military Spouse Appreciation Day, and extending through to the end of the month.

AETC bases will hold a variety of events and activities designed to highlight and recognize the many contributions our spouses make to the military community and the enormous impact they have on the quality of our lives. Your base newspaper and the family support center will feature the dates, times and places of those events, and I wholeheartedly support them and encourage everyone to participate in as many of these activities as possible.

Our military spouses, those wives and husbands of military members, are extraordinary people. They keep our homes and our lives moving smoothly when, by necessity, the military member is away and unable to help

with all the hard work it takes to run a household and maintain family continuity – from the regular routine of paying the bills every month to the inevitable broken appliances, to emergency room crises with our children. What’s more, this special day is increasingly encompassing families in which husbands and wives, moms and dads are both in uniform, a situation that has its own special challenges. So I want to say a special word of thanks to my wife, Cynthia, and to all the spouses in the command who stand side-by-side with us.

Some cynics might say Military Spouse Appreciation Day events are just another opportunity for the base exchange to have a sale. The BX and other base services may offer special deals, but the most welcome and meaningful appreciation starts at home.

I encourage all AETC team members to go home tonight and give their spouses a kiss, a hug and say thank you! Remind them how much we depend on their love and support to be able to serve this wonderful country of ours. Don’t put it off. Say it now. Say it daily.

Special events for Spouse Appreciation Day at Tyndall

- **Pelican Reef Enlisted Club and officers’ club - member 15% off dinner with their spouse**
- **Bonita Bay outdoor recreation - spouse receives 10% discount on equipment rentals including boats, lawn and garden and recreational equipment**
- **Community activities center - spouse may register to win a free balloon bouquet**
- **Pelican Point golf course - spouse golfs free with sponsor**
- **Raptor Lanes bowling center - spouse bowls three free games with sponsor**



●From DOD Page 3

For example, every service with a large number of pilots has year groups that are smaller than needed. “All the pilots in those years will spend their early developmental years only in the cockpit,” she said. This is a problem because those pilots won’t have the career-broadening jobs the services like them to have.

“We will have to account for that as those officers compete for promotion,” she said. “Those officers will have to plan their development path a little bit individually compared to what they’d normally do.” That’s the kind of special attention needed when dealing with small year groups.

Pay increases have helped retention, but the DOD must do more to improve basic compensation, she said.

Other quality-of-life initiatives are important in retention.

“Services have done a lot in the past 10 years to try to manage people’s time away from home and at least make it more predictable and of a predictable duration,” Admiral Tracey said. “That has helped, but separations are still a major factor that people consider when deciding whether to stay or go.”

She said the force is not just a very married one, but one of dual professional married couples or at least dual-income couples.

“There is a substantial challenge to manage family issues for the force. It is made harder, obviously, by the high deployment rate of the force over the past 10 years,” she said. Helping people to have quality time with their families and a measure of family stability needs to be a part of

Personnel data system to be down for 10 days

Courtesy of the Military Personnel Flight office

As the personnel community transitions to its new MILMOD, a real-time personnel data system, the Air force personnel center will be experiencing “construction delays.”

As such, PC-III will be down May 25-June 4 so the systems at the AFPC can accomplish the personnel systems transitions.

Your commander support staffs, as well as the military personnel flight, will not be able to do personnel updates.

This shutdown will not affect the Dependent Eligibility Enrollment System or the issuing of identification cards.

If emergency situations arise, call the appropriate section of the military personnel flight office, 283-2488 or 283-2807.

Friday Forum

Today’s topic: Stepfamilies—A parents’ guide
Bring your lunch to Building 1307, room 104 to join the discussion from 11 a.m. to 1 p.m. For more information, call family advocacy, 283-7272.



whatever the DOD does, Admiral Tracey added.

Job satisfaction is also an important part of people’s retention decision. “Their satisfaction depends as much on whether they have the spare parts they need as whether our infrastructure is attuned to the tasks we expect them to accomplish,” she said.

“You need a balanced approach to personnel and readiness,” Admiral Tracey remarked. With all the challenges, the DOD still retains about half the people who serve. Evidence is that the DOD is retaining the right people.

“Retention is not just the business of personnel people or recruiters,” she said. “It is really the business of the leadership of the entire institution to be sure we recruit the caliber of people that we need and then develop and retain them.”

●From SPEAKS Page 5

from being merely a drug user to also a drug dealer. I never felt like a drug dealer, I just felt I was doing my friends a favor by providing them with the drugs they wanted. Because I was the supplier, it gave me a sense of respect and power.

The one truly shining moment during this period came in February when I met a beautiful young woman and her daughter. Eventually I knew that I loved both of them as I had never loved anyone before. After receiving orders to Germany, I couldn't leave these two people who meant so much to me. We married and my new wife pleaded with me to stop selling drugs. I wanted to give them all the finer things in life, but on the salary of a young airman, that was not possible. I began to increase the amount of drugs I sold to make enough money to provide for a lifestyle outside of my means.

We were set to leave for Germany in August; everything was going great. On the morning of July 31, a friend phoned wanting to buy some drugs. I had sold to him on several occasions and I felt no alarm. He came by my house later that afternoon. Later that day, I received another visit, but this time it was from the police. I had been set up in an undercover bust. My entire world came crashing down around me. My wife's pleas to stop selling

drugs rang loudly over and over in my head.

I felt like a vise had been placed on my heart and it was squeezing the life out of me. I finally understood what I had to lose. The next six months were unimaginably hard as I waited for the day of my court-martial. The burden of my upcoming confinement weighed heavily on my relationship with my wife. We began to argue more than ever, and several times we would break down and cry in each other's arms.

At my trial, I accepted responsibility for my crimes, and pleaded guilty to all charges. As the judge read my sentence, I felt as though my life was ending. I was sentenced to four years confinement, reduction to the lowest enlisted grade, forfeiture of all pay and allowances and a dishonorable discharge.

With all that happened, you might think that is where the story ended. However, this is actually where it begins. What I now realize is that in order for me to fully understand the impact of my actions, I had to lose everything. I lost my family, my self-respect, my career and my freedom.

I used to think that it was fun to use drugs with my friends. I now realize that instead of doing my friends a favor providing for them, I was helping destroy their lives as well. I also realize that when

you are sent away to prison, it causes your family to suffer an unbearable amount of pain.

I looked inside my own heart and made a conscious decision to live my life correctly and to use my own experiences to educate others on the dangers of drug abuse. There are three messages I hope to convey in this article. The first is deterrence. Drugs made me a popular man in town and they may seem like a good time and a way to make friends and money. However, the consequences are tragic.

The second is one of understanding. Many people feel that drugs only affect people whose lives are full of corruption, but this isn't true of my friends. Drugs can affect everyone: your spouse, your children, even you. Talk to your loved ones about the dangers of drugs. The only way you can know what is happening in their lives is through communication.

The final message and the one of most importance is of love. When it seems that your life is over and things couldn't get any worse, remember you are loved. You are not alone in this world, there are people out there just like you, just like me.

Everyone makes mistakes, some more than others. Life is a roller coaster, full of highs and lows. Where the ride will take you in the end is up to you.

Hair analysis test identifies drug users

2nd Lt. Esmeralda Silvestre
325th Fighter Wing
staff judge advocates office

In the fight to prevent illegal drug use by Air Force members, leaders are continually challenged to keep their members aware of the damaging effects illegal drugs have on mission readiness, moral, military discipline and personal life. Recognizing that good practical thinking often fails, preemptive measures such as the Random Urinalysis Program must be employed to enforce drug prevention. Although random urinalysis remains the Air Force's primary means to detect prohibited drug use, hair analysis is also utilized to maximize effective detection of substance abusers.

Hair analysis involves gathering a collection of hair and sending the sample to a certified laboratory for testing. The reason why this is such a successful procedure is because drugs are easily transported throughout a person's body through the bloodstream. Therefore, as blood circulates, it nourishes the hair follicles. As a result, trace amounts of the drug become entrapped in the core of the hair in amounts roughly proportional to those ingested. By extracting the drug residue from the hair shaft into a liquid form, testing can be performed in a manner almost identical to those tests performed on urine. So, who are the people required to undergo the hair analysis process?

There are two primary situations

when collection of a hair sample may occur.

First, any member suspected of illegal drug use may be asked to voluntarily provide a hair sample for testing. Secondly, a commander may authorize the collection of a hair sample any time he/she has reasonable belief that the member used drugs and that the drug may still be detectable in the member's hair. Either way, the use of test results are admissible in criminal and/or administrative actions. These tests have become a critical issue due to the extraordinary increase in drug abuse cases across the military.

Despite aggressive attempts to reduce drug use among military members, instances of substance abuse remain an ongoing challenge. The problem is compounded by the ever-changing composition of many drugs frequently referred to as "designer drugs." Designer drugs are generally methamphetamine derivatives, such as, the dance-club drug known as "ecstasy." Ecstasy is sweeping the nation faster than any drug since crack cocaine. In 1993, U.S. Customs seized more than 300,000 ecstasy pills. However, by 1999, Customs seized 3.5 million tablets. And, by the end of 2001 that number is expected to exceed more than 10 million.

Drug cases continue to be prosecuted on Air Force installations worldwide, with an ever-increasing focus on hair analysis as a means of detection. For example, in 2000, Tyndall AFB investigated 13 individuals for suspected drug use that eventually went to trial by courts-martial; nine of these investigations included hair analysis testing. Out of these nine samples tested, eight returned positive for illegal drug use. Finally, seven of the suspects were found guilty and one is still awaiting trial. It is clear that hair analysis results provide persuasive evidence for either criminal prosecution and/or administrative action.

For military personnel, the consequences of drug use are tremendous, both in terms of mission performance and quality of life. Contrary to the often-claimed harmlessness of drugs like ecstasy, LSD and marijuana, the effects attributed to the use of these drugs have a direct impact on individuals and, consequently, the Air Force. As with most problems facing military leaders, fighting drug use requires more than just one tactic. However, hair analysis, as a primary investigative tool, is proving to be one of the most effective tactics in our efforts to prevent illegal drug use today.



Features

Asian Americans look to their roots

Asian Pacific A

2nd Lt. Brian Cortez

*325th Fighter Wing
public affairs*

Being an Asian American, I have a lot of pride and honor in my culture, heritage and beliefs. I am Filipino American, to be more precise. My parents always tried to teach me to respect my home country, all of my ancestors and value all of the Filipino beliefs. It has sometimes been hard for me to comply with my parents' wishes because I was born in America. I grew up learning and believing American customs and culture—let's face it, I love being American. But I don't

forget where I came from, I am as much an Asian as I am American. I want to learn all about my heritage and all Asian Americans—Chinese, Japanese, Thai, etc—will be able to learn a lot about our roots in May—Asian Pacific American Heritage Month.

Every May, there are scores of events held by federal agencies, community groups, civic groups, students and others to celebrate Asian Pacific American Heritage Month. In order to understand the significance of the APA celebration, it is important to understand the evolution and convergence of many diverse groups that

comprise the community.

Asian Pacific American is a political appellation that encompasses many ethnic groups with diverse backgrounds, histories, languages and cultures. By definition, the term Asian Pacific American attempts to give expression to cultural, linguistic and ethnic diversity while recognizing common historical experiences in American history. Asian Pacific American Heritage Month celebrates the collective accomplishments of these diverse communities and individuals.

We have a large Asian American community at Tyndall and Bay County and they are very willing to share their cultures with us.

"I love sharing and performing my Japanese dancing skills before all types of people," said Mitsuki Farsky, Gulf Coast Women's Club coordinator and Japanese dance instructor. "I've been dancing for nearly 38 years and I always enjoy the look of appreciation and interest on the faces of the people I perform in front of. They make me feel that I am enlightening them with my traditions and culture."

Another Asian American

eager to share her culture is Pao Su Lin Etchells, massage therapist and martial artist. Mrs. Etchells is of Chinese descent and was fortunately born to a family with a medical and martial arts background dedicated to healing and good health. "I have dedicated my life to help others in need of spiritual and physical healing. My Chinese heritage and traditions have helped me become an expert in Oriental healing and martial arts," said Mrs. Etchells.

Nora Perron, Asian Coalition organizer, is an Asian American of Filipino heritage who is active in the Asian community. Ms. Perron has been forming the Asian Coalition, a political organization that encourages all Asian communities to become more politically active. "The Asian community needs to unite and share their various cultures with every one," said Ms. Perron. "I hope the Asian Coalition can help the Asian community display its heritage to a bigger and more diverse audience."

The Filipino American Association of Bay County, a non-profit organization, has some local events to share Philippine heritage for the month of May. Today, Fil-Am dance troop members will be performing traditional Filipino

dances at the Panama City Mall. There will also be more performances at the 80th Anniversary of Lynn Haven, Saturday, May 19 at Sheffield Park. Finally, there will be the 3rd annual Barrio Fiesta, with plenty of traditional Filipino food, on Saturday, May 26 at Bonita Bay. For more information, contact Master Sgt. Launie Whelan, 325th Communications Squadron project manager and Filipino American Association president, at 283-4283. Sergeant Whelan is also the Asian Pacific American Heritage Month point of contact.

"These events are opportunities for Filipinos and all Asian Americans to give a piece of their culture to the community," said Sergeant Whelan. "By taking initiative to organize these events, we hope to lead the Asian community by example. The importance of Asian culture is growing and we hope to leave a lasting impression on American society."

People of all ethnic backgrounds should come out and support the Asian American community. We are as eager to share our heritage with you, just as much as we want to learn about the diverse cultures and traditions that others can provide us.

Above: A traditional Japanese dance mask created by Mitsuki Farsky, Japanese dance instructor.

Right: Mitsuki Farsky demonstrates the Hana Ougi, a dance celebrating the joy and beauty of life in terms of nature.

Opposite page:

Top left: Marilou Mandl, a Filipino American Association member, wins the Miss Fil-Am pageant this past February at the enlisted club.

Top right: Members of the Fil-Am dance troop perform a traditional Filipino dance at last year's Barrio Fiesta.

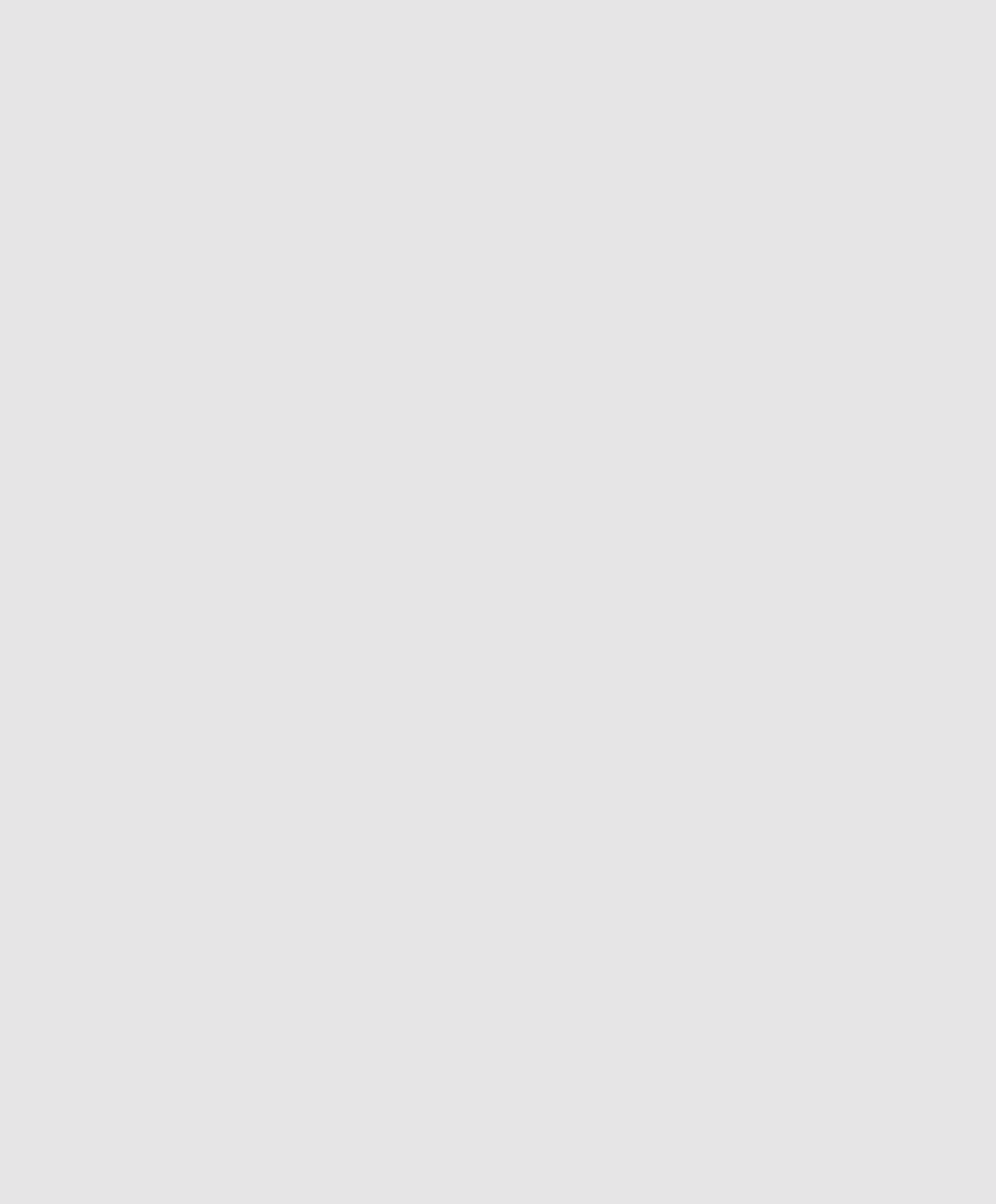
Center: Pao Su Lin "Su Su" Etchells demonstrates her Kung Fu skills.

Bottom: Buddha and Chinese dragon statuettes are displayed at the Asian Connection store in Callaway.



American Heritage Month





Tyndall teens get a place of their own

Marcia A. Robertson
325th Services Squadron marketing

Being a teen-ager has never been easy—even if you were one back in the good old days. Now however, Tyndall Air Force Base is preparing to open a new facility just for teen-agers in the hopes of making those difficult years go a bit more smoothly.

“The teen center is designed to give kids from 13 to 18 a place to call their own,” said Alma Hooks, 325th Services Squadron director of youth programs. “Teen-agers have always been welcomed at the youth center, but some people associate that facility with a younger age group.”

The need for teen centers has been a focus of the Air Force in recent years. Forums with teen-ager input resulted in most bases

allocating unused buildings for the facilities. The Tyndall teen center is located in the old Information, Tickets and Tours building, across the parking lot from the library and beside Tyndall Credit Union. Renovations began last fall.

“The teen center will operate under the same criteria as the youth center,” Ms. Hooks said. “We worked with several base agencies to make sure the building was not a safety or health hazard.”

While the teen center will function under the authority of the youth center and its director, a teen coordinator has been hired to provide direct supervision for the new facility. Michael Covington assumed the position in January.

“I’ll be working with the teen center on a day-to-day basis,” Mr. Covington said. “My office will be there full time once the facility opens.”

The teen center will be more than just a place for young people to gather. Mr. Covington has plans for several activities.

“I’d like to see us get into photography,” he said. “Also, we hope to coordinate with the skills development center on some classes. We’re also looking at playing laser tag, having lock-ins and maybe forming a drama group that would attend area theater performances.”

Addressing the challenges of becoming an adult is also on the teen center’s agenda.

“We want to schedule guest speakers who would talk about peer pressure, substance abuse and similar subjects,” Mr. Covington said. “Job fairs for the older teens and college prep workshops, especially about college loans, are also possible.”

Mr. Covington anticipates

working with other teen centers on joint activities. But he emphasized that the teens themselves will take a leadership role in defining the center’s direction.

“I want the kids to let me know what they would like to do,” Mr. Covington said. “While I will do some of the planning, they will be very much involved in what happens there.”

The teens have already been part of the development process. Although the project was undertaken by the youth center and the civil engineer squadron, the teens began acquiring equipment for the facility late last year.

“It was very fun going shopping,” said Danielle Majors, daughter of Capt. Brandell Majors, 82nd Special Units flight commander and Paula Majors, 325th Services Squadron school-age program assistant.

“We bought a big-screen television, a Play Station, and Nintendo as well as board games like Risk,” Miss Majors said. “We have a DVD player, but no VCR because we’re leaning into the future.”

Other items include a refrigerator, microwave, and vacuum cleaner. Futons were purchased for seating.

“We got the vacuum to clean up after ourselves,” Miss Majors said. “And we picked futons because we didn’t want regular furniture. We

wanted something more teen-age.”

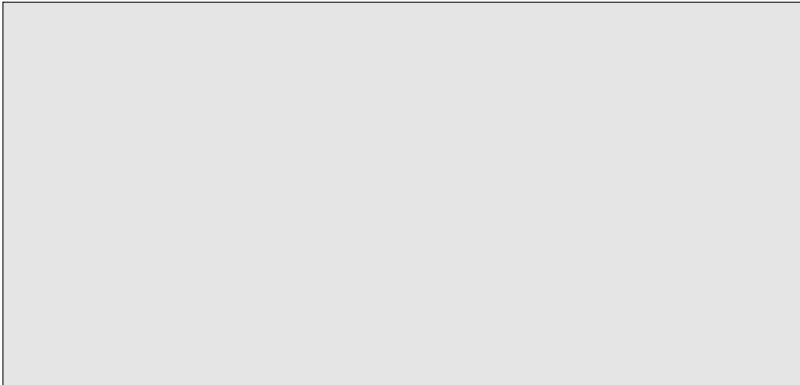
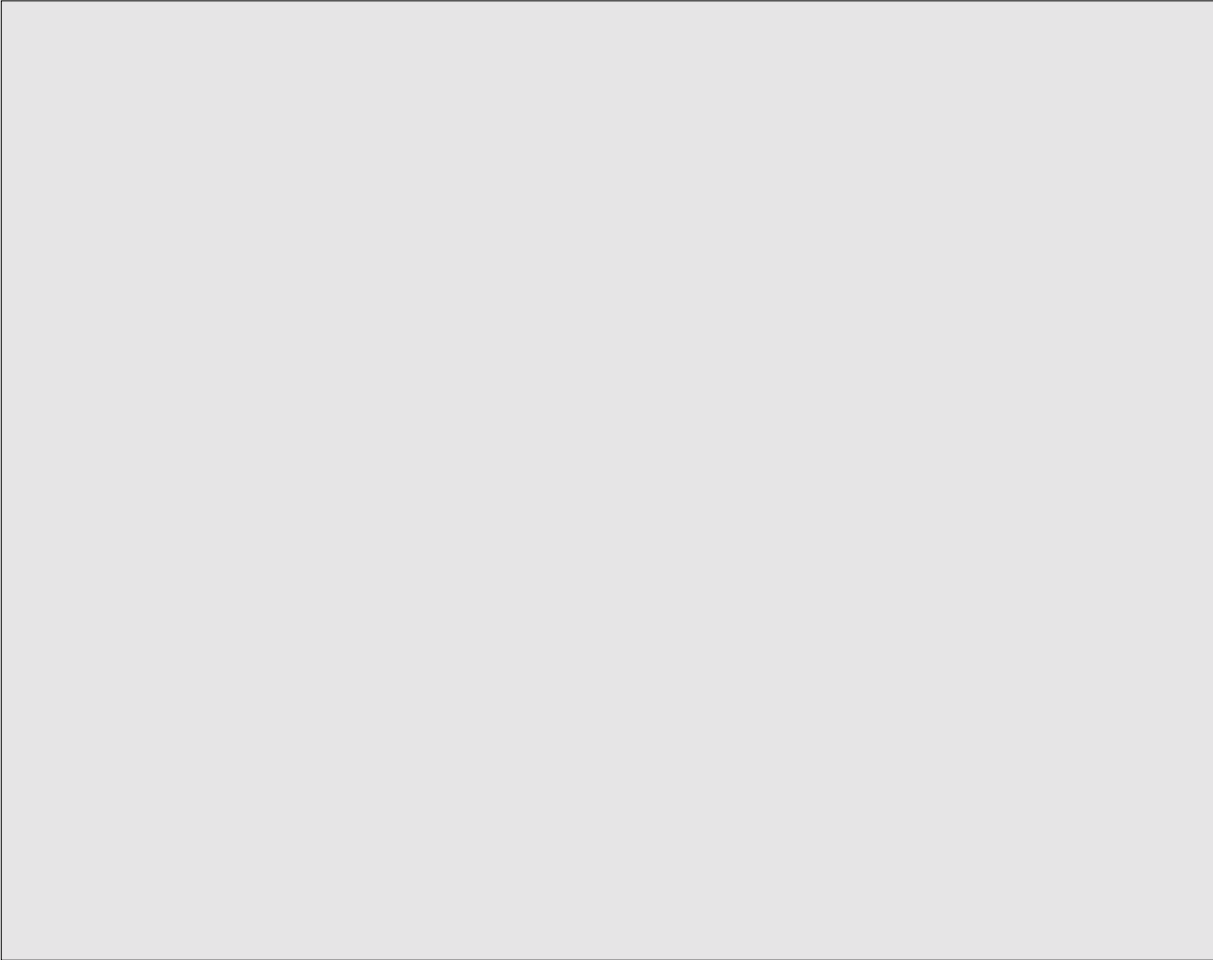
While the teen center will be a place for fun, it will also be a place for work. Computers will allow teens to write reports for school and an office area will serve as a meeting place for the teen council and Keystone Club.

“Any teen on base can voice their opinions to the teen council,” said Miss Majors. “And the Keystone Club is into community service.”

A ribbon-cutting ceremony to open the teen center is scheduled for 3:30 p.m. Wednesday. This kick-off celebration will feature an open house which will allow base teens and their parents to see the facility for themselves. Door prizes from businesses such as Miracle Strip Amusement Park and Alvin’s Island will be given away and refreshments will be served. Other events during the remainder of the week will include a carnival and a dance party. The teen center is open to dependents of active-duty personnel, retirees, Department of Defense and contract employees.

“I can’t wait,” Miss Majors said. “I have friends who don’t usually come to the youth center because of the little kids and they’re interested in the teen center. It will be a place for us.”

For more information about the new teen center or other youth/teen programs, contact the youth center at 283-4366.



The Gulf Guide

Your link to what's going on in the Tyndall community

This Week

Today

Water-main flushing

The 325th Civil Engineer Squadron will continue testing fire hydrants and flushing water mains 7:30 a.m.-3:30 p.m. today through May 18 on the main base. Building occupants may experience discolored water in restrooms, sinks and drinking fountains for several days afterwards. For more information, call the civil engineer customer service office, 283-4949.

Finance closure

The 325th Comptroller Squadron is closed noon today for an official function. For emergency finance or budget services, personnel can be reached at pager numbers 283-1465 and 283-1852 or through the command post.

TOSC scholarship luncheon

The Tyndall Officers Spouses Club's annual scholarship luncheon will be 10:30 a.m. Tuesday in the Tyndall Officers Club. To make reservations, call Terri Barthold by noon today, 286-2222.

MPF closure

The 325th Military Personnel Flight is closed noon today for an official function. Anyone requiring immediate assistance may call 286-3827.

May 12

Hurricane-awareness briefing

A hurricane-awareness briefing for spouses of deployed or remote service members will be 11 a.m.-noon Saturday in the family support center classroom. For more information, call Tech. Sgt. Aundra Christon, 283-4856, or Mrs. Anita Pembleton, 283-4710.

May 14

Anger-management workshop

The three-session anger-management workshop will continue 11 a.m.-1 p.m. Monday and May 21 in Building 1305 at the family advocacy conference room. For more information, call family advocacy, 283-7272.

'Moms, Pops & Tots'

The parent and child interaction play group, "Moms, Pops & Tots," for parents and their under-age-five children meets 9:30-11 a.m. every Monday at the youth center. For more information, call 286-5812.

May 15

Couples' communication class

The four-session couples' communication class will continue 3-5 p.m. Tuesday, May 22

and 29 in the family advocacy conference room. For more information, call family advocacy, 283-7272.

Boating safety class

The Coast Guard Auxiliary Flotilla 16 boating skills and seamanship course will be 7-9 p.m. Tuesday in Gulf Coast Community College's Student Union East building, Gibson lecture hall, Room 231. Classes will be Tuesday and Thursday evenings. The core portion of the course will end June 5. The cost is \$30 for the text and workbook. For more information, call John Clark, 271-3828, or visit the Flotilla Web site at: <http://clik.to/USCGAUXFlotilla16>.

Civil Air Patrol meeting

Civil Air Patrol meetings for boys and girls 12 years old and older will be held 6:00-8:30 p.m. every Tuesday in Building 852. The CAP offers local and national activities with a focus on educational and professional development. For more information, call Capt. Laura Palm, 283-7594, or Master Sgt. Perry Newberry, 283-4189.

2002 AFROTC assignment opportunities

The Air Force Colonel Matters Office's projected vacancies and application procedures for summer 2002 Air Force ROTC Det Commander/Professor of Aerospace Studies positions have been announced. Eligible members must be colonels or colonel-selects as of Sept. 1, 2001 and a line officer. Memos must be submitted to AFCMOA no later than Tuesday. For more information, call the relocations section, 283-2244 or visit the Web site at: www.colonels.hq.af.mil, click on Military Only Topics and scroll to "2002 AFROTC Assignment Opportunities."

May 16

Top 3 meeting

The next Tyndall Top 3 meeting will be 3 p.m. Wednesday in the Pelican Reef Enlisted Club. All senior NCOs or senior NCO-selects assigned to Tyndall are invited to attend. For more information, call Senior Master Sgt. Ken Townsend, 283-4523.

Yard Sales

The following yard sales are scheduled for Saturday: 2311 Jefferson Blvd. and 3173-B Voodoo Drive. All yard sales are held between 8 a.m.-4 p.m.

Notes

School physical examinations

The pediatric clinic is now scheduling school physical examinations for pediatric enrollees requiring exams for the start of the fall 2001 school year. The clinic encourages everyone to take advantage of the opportunity to make spring and early-summer appointments to avoid the school rush during July and August. To make an appointment, call 283-2778.

Navy ROTC scholarships

A Navy ROTC scholarship, called the Historically Black College Scholarship, is available for qualified minority candidates interested in attending the Florida A&M University or one of the other Historically Black Colleges or Universities. For details on eligibility criteria and application information, call Lt. Smith or Lt. Peters, (850) 599-3980, or e-mail: NROTCADV1@aol.com. Details are also available on the following Web site: www.famu.edu/nrotc/officers/co.html.

Parking lot closure

The driver suspended revocation parking lot located next to the Tyndall Drive main gate is now permanently closed. A new driver suspended revocation parking lot is located at the Illinois Avenue main gate next to the base theater. The relocation is necessary due to construction of the F-22 flight simulator training facility. For more information, call security forces, 283-2527 or 283-2254.

Inprocessing changes

Base inprocessing is now Wednesdays and Fridays. New members will be scheduled for inprocessing through the MPF intro manager. Newcomers must arrive at MPF customer service for sign-up verification at 7:30 a.m. Base inprocessing will start promptly at 7:45 a.m. Newcomers must bring 10 copies of their PCS orders. For more information, call the base intro manager, 283-2276 or 283-2242.

Retiree News

TRICARE receipts

Many programs that Congress authorized as being effective immediately when the National Defense Authorization Act was signed into law Oct. 30, 2000 will be phased in over the next six to twelve months. Among these new programs are TRICARE coverage for school-required physicals, reimbursement for certain travel expenses for TRICARE Prime beneficiaries and reduction of retiree catastrophic caps.

In the meantime, TRICARE Management Activity is advising beneficiaries to save receipts, as well as explanations of benefits and other claims-related information, for these covered services and benefits obtained from Oct. 1, 2000, for application to the fiscal year catastrophic cap and from Oct. 30, 2000 for the other benefits until program implementation so they can later obtain reimbursement from the managed care support contractors in their regions.

TMA will widely publish the date upon which beneficiaries may submit claims with the required receipts, and the managed care support contractors will adjudicate claims for dates of service retroactively to the effective date estab-

GCCC student worker openings

Gulf Coast Community College's Tyndall office now has openings for student workers. For more information, stop by Room 45A in the education center or call 283-4332.

ECS Pre-K registration

Early Childhood Services is continuing Pre-K and Head Start registration for the 2001 school year. All children must be 3 or 4 years old on or before Sep. 1, 2001. Documentation needed for registration include the child's birth certificate, Social Security card, verification of income, proof of residency and Medicaid 10-digit billing number if applicable. Anyone interested in registering should call ahead to make an appointment at 872-7550, extension 2234. ECS is located at 450 Jenks Ave., Panama City.

Air Commando Association reunion

The annual Air Commando Association reunion will be Oct. 4-7 in Fort Walton Beach. For more information, call (850) 581-0099, e-mail: aircommando@aol.com or visit the association Web page: <http://home.earthlink.net/~aircommando1/> for more details.

Managed care relocation

The 325th Medical Group Managed Care office has relocated from Building 1406 to the first floor of the main clinic building, near ambulance services.

AFROTC opportunities

Headquarters Air Education and Training Command procedures for officers interested in applying for summer 2002 Air Force Reserve Officer Training Corps positions are now available. Vacancies exist for commander/professor of aerospace, assistant professor of aerospace studies and regional director of admissions. For more information, visit the Air Force Personnel Center assignments homepage under career broadening: <https://afas.afpc.randolph.af.mil/carerbroad/rotc.html> or call the military personnel flight customer service office, 283-2242.

lished by Congress.

The new benefit covering school physical examinations applies to all TRICARE-eligible beneficiaries ages 5-11. It does not cover physical examinations for sports activities. TRICARE Prime beneficiaries referred to specialty care providers located more than 100 miles away from their primary care managers will be reimbursed for their travel expenses, according to the provisions of the NDAA. The existing catastrophic cap of \$7,500 will be reduced to \$3,000 for retirees, their family members and their survivors.

As soon as funding is secured for these initiatives, TMA officials will spread the word through all available communication channels. The latest information about TRICARE benefits may be obtained through the Military Health System TRICARE Web site at: www.tricare.osd.mil. Beneficiaries may also contact the TRICARE service center at 236 South Tyndall Parkway, (800) 444-5445 or TRICARE beneficiary counseling and assistance coordinators on the first floor of the Tyndall main clinic, 283-7331.

Base Theater



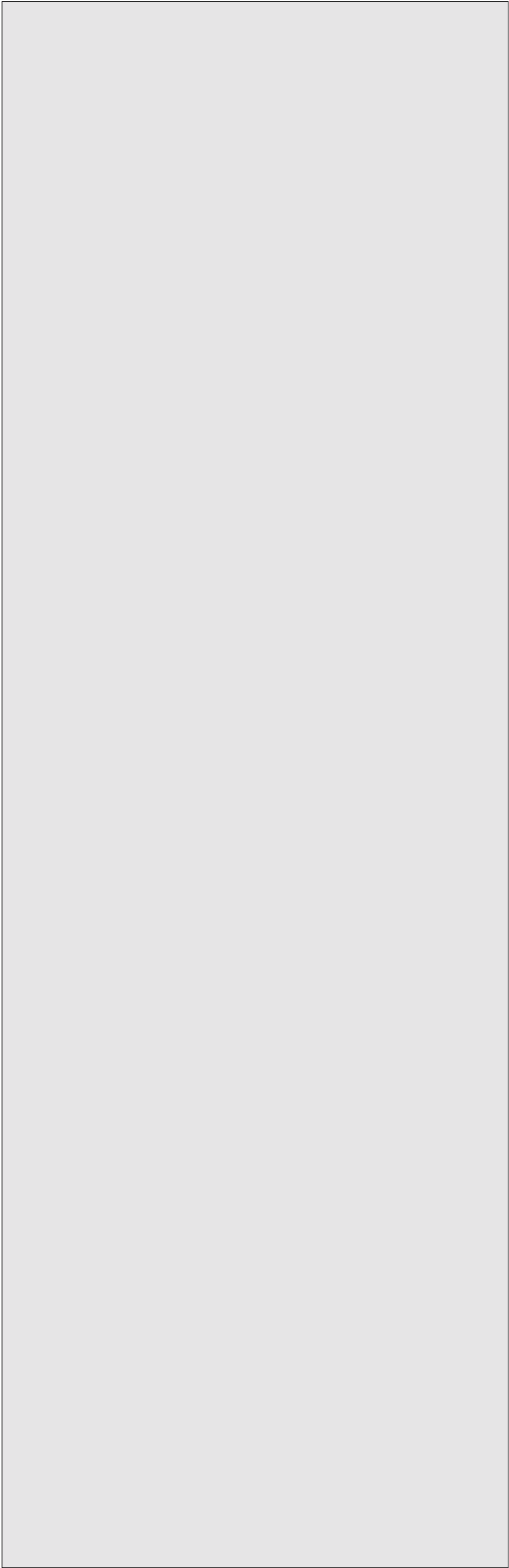
Today: "The Brothers" (R, strong sexual content and language, 97 min.)

Saturday: "The Brothers"

Sunday: "Tomcats" (R, strong sexual content, including dialogue and language, 92 min.)

Thursday: "Heartbreakers" (PG-13, sex-related content and dialogue, 123 min.)

All movies start at 7 p.m. except Sunday, which is 6 p.m.



Every member of
Team Tyndall is
valuable. Play it
safe, don't
become a
statistic.



Thinking about
getting out?

Think again!

Get the facts first.
Call Chief Master Sgt. Ron
Georgia, 325th Fighter Wing
career assistance adviser at
283-2222.



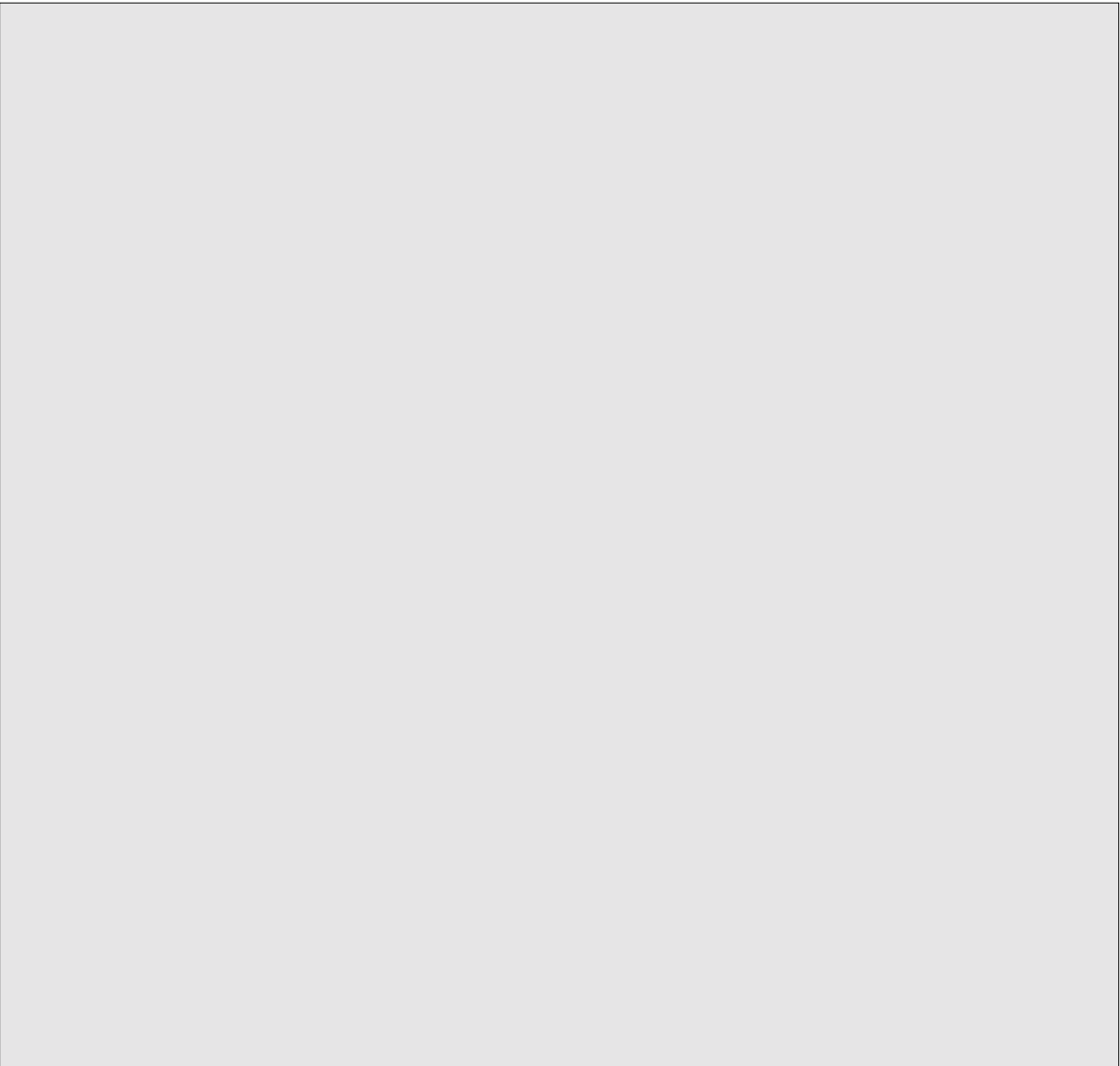
Spotlight

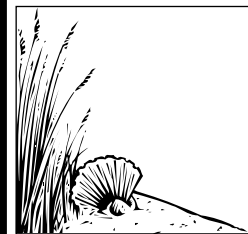


2nd Lt. Jon Cartwright

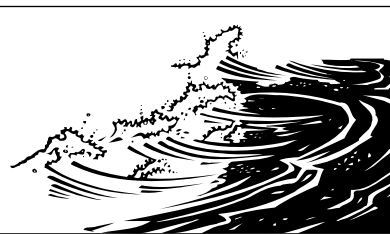
Senior Airman Latoya Baber

Job Title: Information management journeyman
Why you joined the Air Force: To discover life and to see what the military is all about.
Years in Air Force: 4 years, 1 month.
Hometown: Donalsonville, Ga.
Time at Tyndall: 3 years, 10 months.
Greatest aspect of your job: Helping the customers and insuring they get the results they were looking for.
Short-term goals: To arrive in Germany safely.
Long-term goals: To get a degree in business administration and go to Officers candidate school or be a first sergeant.
Favorite book: The Bible.
Favorite movie: Spike Lee's "Malcolm X."
Hobbies and activities: Singing, talking and spending time with my friends and family.





Funshine NEWS



May 11, 2001

This page is produced by the 325th Services Marketing office, 283-4565.

Bonita Bay

☎ 283-3199

Base Pool Opening May 19

Open swim will be: Wed.-Sun., 11:30 a.m.-6:30 p.m. \$1 for those without passes. \$1 for all guests of ID card holders

Swim Passes

\$35 for first family member and \$5 for each additional member of the same family. \$20 for a 30 visit punch card.

Schedule a Pool Party

Tues.-Sun.: 7-11 p.m., \$30 per hour.

Swim Lessons

Session I: June 12-22. Registration begins on June 4 at 8 a.m. Water aerobics will be offered at the same time.

Lap Swim

Begins May 22, Tues. 6:15 a.m.-7:30 a.m., Wed.-Fri.: 6:15 a.m.-7:30 a.m., 11 a.m.-11:30 a.m., and 5 p.m.-6:30 p.m.

Enlisted Club

☎ 283-4146

In the Zone

Fridays: Marvelous Marvin 5 p.m.-1 a.m.
Saturdays: Magic Mike 8 p.m.-midnight

Latino Night

May 19. D.J. Eli Nevis, 9 p.m. - 1 a.m.

All-You-Can-Eat Buffet

Saturday Evenings. Prime Rib & more: \$12.95

Friday Specials

May 11, 1/2 lb Crab Legs & Steak \$13.95

Vet Clinic

☎ 283-2434

Pet Photo Contest

Contestants are asked to submit photos of their pets at the clinic located in bldg. 1287. Deadline is May 30. Call for more information.

Youth Center

☎ 283-4366

Basic Archery

June 8, 15, 22, 29 at 1 p.m.
Open to kids 10-16 yrs. old. Cost is \$20 for members and \$30 for nonmembers.

Start Smart Baseball

June 2, 8, 16, 23 at 9 a.m.
Prepare your 3-5 year old for recreational baseball leagues. Cost is \$20.

Tennis Offerings

■ Adult Team Tennis:

June 9, 16, 23, 30 and July 7 & 14 at 10:30 a.m. Cost is \$30.

Friendly competition in a fun atmosphere. Teaches basic strokes and organized play. Emphasizing fitness and social benefits.

■ FREE-For-All:

June 2 at 9 a.m.
Come out and enjoy free group tennis lessons. Event will be held at the CDC tennis courts and is open to all ages.

■ Ralleyball:

June 14, 15, 21, 22, 28, 29. Open to youth ages 11 and under. Call for more information.

Tyndall Fitness and Sports Center

283-2631



May Fitness Month Points

can be earned by attending classes & events.
Prizes will be given to the individuals with the most points.

Friday, May 18

Armed Forces Day 5K Fun Run/Walk
2:30 p.m. Walk, 3 p.m.
Run Sign up deadline May 14

Tuesday, May 22 3 p.m. - Beach Volleyball Tournament,
Sign up deadline May 11

Wednesday, May 30 - Aerobathon, All day - 5:30 a.m., noon, 5 p.m.
Squadron with most participants will earn
2 extra points each towards
May Fitness Month Prizes

For more information see the Fitness & Sports Center May Calendar.

Events sponsored in part by:



No federal endorsement of sponsors intended.

Teen Center Grand Opening

May 16-19, 2001 Bldg. 912

Schedule of Events

Wednesday - "Check it Out"

3:00 p.m. Shuttle begins from Youth Center
3:30 p.m. Grand Opening Ribbon Cutting Ceremony
4:00 p.m. Open House we invite base leadership, parents, teens ar Refreshments
4:30 p.m. Door prizes, must be present to win.
Teen Autograph Board signing
6:00 p.m. Free Time for Teens
9:00 p.m. Teen Center Closes

Thursday - "What's Happening"

3:00 p.m. Teen Center Opens
3:30 p.m. Mary Kay Demonstration
Door prizes, must be present to win
4:00 p.m. Team Teasers
5:00 p.m. Teen Council meeting
5:30 p.m. Frisbee Tournament
7:00 p.m. Free Time for Teens
9:00 p.m. Teen Center Closes

Friday - "Carnival Fun"

3:00 p.m. Teen Center Opens
Shuttle begins from Youth Center
3:30 p.m. Door prizes, must be present to win
4:00 p.m. "The Beat" 93.5 on location
5:00 p.m. Moonwalk, Batting Cage, and or Giant Slide
11:00 p.m. Teen Center Closes

Saturday - "Boomerang"

3:00 p.m. Teen Center Opens
4:30 p.m. Door prizes, must be present to win
6:00 p.m. Refreshments
7:00 p.m. "Dance Party"
10:00 p.m. Grand Prize Drawing, must be present to win
11:00 p.m. Teen Center Closes
Schedule subject to change.

283-4366



All Ranks Hawaiian Luau

At the O Club • June 1 • 6 p.m. All you care to eat

"Roasted Pig" • Authentic Hawaiian Buffet on the Patio • 7:30 p.m.
Hawaiian & Polynesian Dancers Fire Dance from "Disney World", Orlando Florida

\$12.95 per person (gratuity not included)

"An evening you won't want to miss!" Sorry no one under 18 yrs old may attend!

No A-la-carte dining this evening • Reservations required: 283-4357

All Ranks • Officers' Club • Seatings at 11 a.m. & 1:15 p.m.

Mother's Day Champagne Brunch

Featuring: Steamship Round, Baked Virginia Ham, Tom Turkey, Assorted Vegetables, Omelet Station, Fruit, Juices and Holiday Desserts.

Adults \$10.95 • Children 5-12 \$5.95,

Children under 5 • Free Reservations Required



283-4357

National Suicide Prevention Week calls commanders to action

Leigh Anne Bierstine
Air Force Surgeon General
public affairs

WASHINGTON (AFPN)—“Commanders need to be more vigilant toward helping co-workers and friends struggling with feelings of hopelessness.” That is the message from Lt. Col. Wayne Talcott, chief of the Air Force Suicide Prevention Program, during National Suicide Prevention Week Monday through today.

“Because so few of our airmen seek professional help, we must as a community share in the responsibility of aiding our fellow airmen in times of distress,” said Colonel Talcott, who is assigned to the Air Force Surgeon General’s office at Bolling Air Force Base, Washington, D.C.

Of the 30 suicides in the Air Force in 2000, the decedents were mostly young men and although half were married, the highest rate of suicide occurred among those who were no longer married.

Most Air Force suicides occurred in off-base residences, and life stressors were a significant contributor, Colonel Talcott said. Almost all had relationship problems and

many had financial and legal concerns, and almost half had a history of alcohol problems. Of these individuals, only 26 percent sought mental health services within a month of their death, he said.

The Air Force program, which emphasizes a community approach to combating suicide, was recently recognized by U.S. Surgeon General Dr. David Satcher as a model for the nation. Satcher commended Air Force Surgeon General Lt. Gen. Paul K. Carlton, Jr., and the Air Force’s efforts during a May 2 ceremony in Washington, kicking off the national strategy for suicide prevention.

The Air Force Suicide Prevention Program began in the summer of 1996 to curb what appeared to be an increasing number of suicides among active-duty people. For the five years prior to the program, the Air Force averaged 60 deaths annually at a rate of 14.3 per 100,000 personnel.

Since beginning the initiative, the Air Force has had a noticeable reduction in the number of suicides, Colonel Talcott said. From 1998 through 2000 the service has averaged 28 suicides annually at a rate of 7.9 per 100,000 personnel.

The Air Force surgeon general said he is thankful to each and every airman who is helping to make these dramatic reductions a reality.

“Leadership involvement, increased training, heightened awareness and encouragement to seek assistance during times of personal crisis have been critical factors in achieving this result,” General Carlton said. “Our efforts are working and we have demonstrated that with an increased focus on taking care of our own, lives can be saved. Suicide is preventable.”

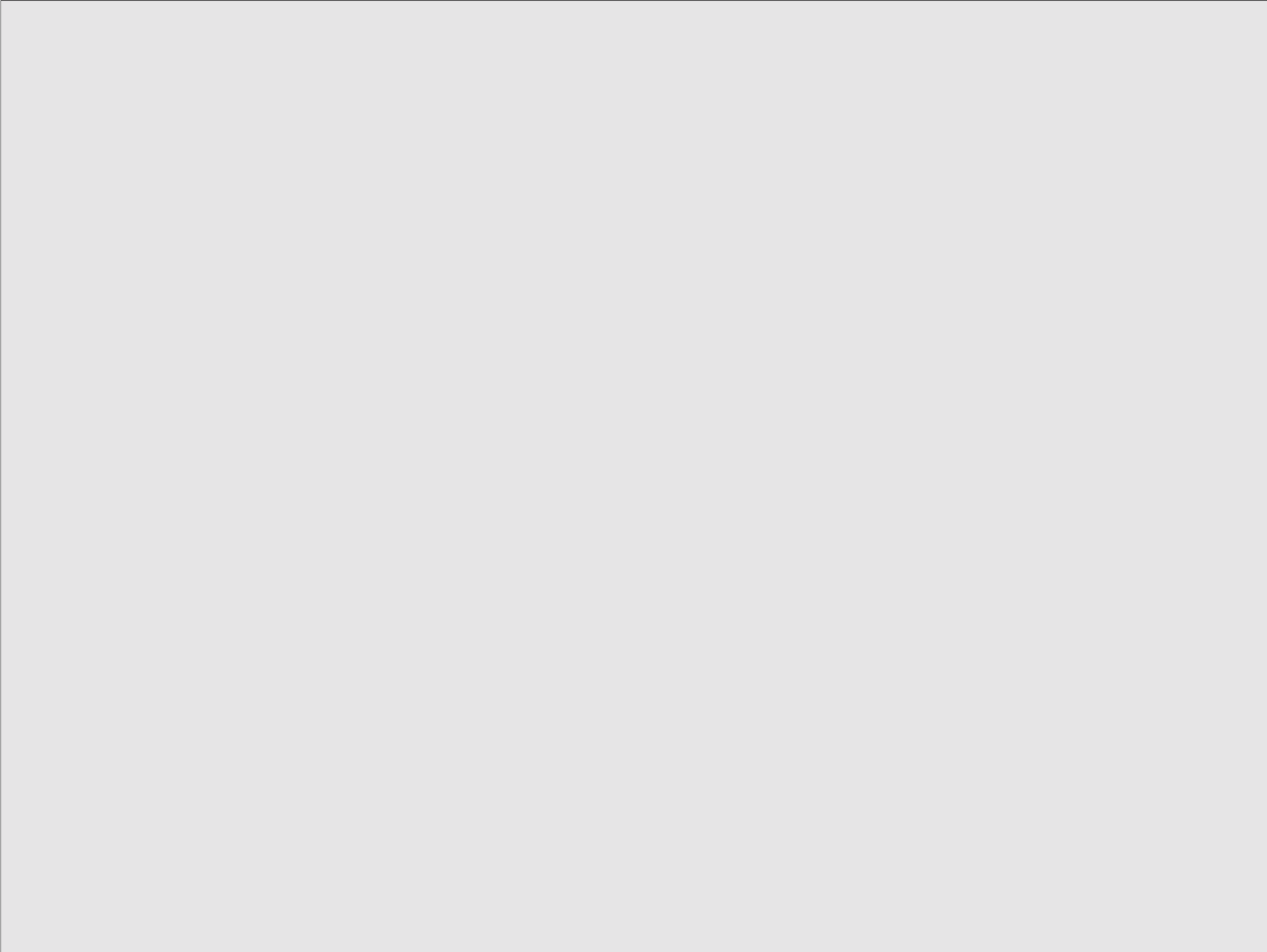
Air Force communities cannot afford to let their guard down in light of the program’s success, Colonel Talcott said. So far in 2001, there have been 15 Air Force suicides, one of which occurred here at Tyndall.

“While our improvements in suicide prevention are significant and our initiatives have saved lives, suicide remains a serious concern for everyone in the Air Force family,” said Air Force Chief of Staff Gen. Michael E. Ryan. “Suicide prevention is not simply a program, it’s taking the time and effort to offer assistance to those in need. It’s all about saving the lives of members of

our Air Force family.”

All Air Force people should:

- Be aware of airmen who are experiencing feelings of hopelessness;
- Ensure that front-line supervisors are sensitive to the needs of their airmen;
- Accent our mutual responsibility for one another (buddy care);
- Recognize during times of transition (arrivals/departures) that airmen need additional support;
- Be sensitive to airmen who seem isolated or alone — especially during times of stress;
- Emphasize that it’s OK to seek professional help, and mean it;
- Follow-up and ensure that airmen are satisfied with the helping services they receive;
- Establish a collaborative relationship with the mental-health providers and encourage support until the problem is resolved; and
- Remember a failed referral to mental health services because of perceived negative career implications is unwarranted — dead airmen don’t have careers.



Sports & Fitness

Volleyball standings		
	W	L
Large squadron		
OSS 1	13	0
CONR 1	11	2
TRS 1	8	2
COMM 1	9	4
OSS 2	9	4
MDG	9	4
1FS	6	6
SEADS 1	6	7
MSS	6	7
CES	4	8
CONR 2	4	9
COMM 2	3	10
SEADS 2	3	10
TRS 2	1	10
95 FS	1	10
Small squadron		
81 TSS	10	1
AFCESA	10	1
NCOA	7	4
RHS	6	7
TEST	4	7
MXS	4	8
372 TRS	3	8
83 FWS	1	9

Save
for
Your
Future

U.S. SAVINGS
BONDS

Intramural golf standings		
	Total points	Makeup Games
Large squadron		
CES	35	1
MSS 1	29	2
COMM	25	1
TRS	25	1
MDG	24.5	
CONR 1	23.5	1
95FS	21.5	
CONR 2	19	1
OSS	18.5	
SEADS	15.5	1
MSS2	9.5	
CONR 3	6	
Small squadron		
Currently in playoffs.		



Tyndall airman wins body building title

2nd Lt. James Danik
*325th Fighter Wing
public affairs*

He’s big, he’s bad, he’s “Mr. Panama City.” Airman 1st Class Randy R. Webb, 325th Training Squadron weapons simulation technician, earned the title after winning the Southern USA Championship held at the Marina Civic Center April 21.

Have you ever watched body-building competitions wondering how in the world someone could be in that good of shape? “It’s not easy,” according to Airman Webb, “It’s just like a second job. I wake up every morning at 4:30 a.m., throw on some gym clothes and head straight to the base gym. I’ll usually work out until 10:30 a.m., then head to my real job. If I’m feeling energetic, I’ll go back to the gym and hit the weights some more after work.”

“My routine is strict. The first thing I do is start every workout with intense cardio exercises to get my heart rate up and burn fat. After that, depending on what day of the week it is, I’ll move on to specific muscle groups. For example, Mondays I work chest and biceps, Tuesday is legs, Wednesday is shoulder and triceps, Thursday I work cardio all day and Friday its back to chest and biceps.”

Airman Webb has been lifting

weights for four years. His first competition was this past November. Since then, he’s been in two other competitions: the Northwestern Championship held in Tallahassee and his recent victory as “Mr. Panama City.” At the Northwestern Championship he took third place and first place in his most recent competition. For only being in three competitions, his record is remarkable.

Even more strict than his workout is his diet. A low calorie diet consisting of six to seven meals a day. Breakfast or brunch consists of 10 eggs (two whole, and the rest egg whites, and approximately 50 grams of carbohydrates). The rest of the day is broken down into protein bars, chicken or fish, and broccoli.

“I stay away from carbohydrates as much as possible and stick to the proteins.” Airman Webb said. “I don’t eat my first meal until after my morning workout. This allows me to burn off as many calories from my fat as possible rather than burn the food I would’ve eaten

prior to a workout.”

“Self-motivation is the main reason I do it. I like to see how far I can push my body and the results I obtain from the effort put forth. Winning titles and competing just adds to the motivation and desire to push harder. I draw a lot of attention and earn bragging rights if I win competitions in addition to feeling much healthier and happier,” Airman Webb said.

“My advice is to work out in the morning on an empty stomach. This allows the body to burn stored fat. Avoid eating carbohydrates as much as possible. Think about it, if you take in more calories than you burn, of course you’re going to gain weight. Try to concentrate on exercises that focus on major body areas and push yourself as much as possible.”



2nd Lt. James Danik
Airman 1st Class Randy R. Webb works out every day to be competition ready.